

## **Natural Remedies for Restless Leg Syndrome Found by Studies and Doctors**

*Restless leg syndrome most often occurs in the evening, contributes to insomnia, and reduces the quality of life. Studies and doctors are finding some beneficial natural remedies for RLS.*

April 18, 2014 (FPRC) -- The Restless Legs Syndrome Foundation describes RLS as a disruptive nervous system disorder that affects up to 10% of the U.S. population. It results in an irresistible urge to move the legs, and is often accompanied by unusual or unpleasant sensations in the legs such as tugging, tingling or pain.

Because RLS most often occurs in the evening, it can severely disrupt sleep, contribute to insomnia, and reduce the quality of life. RLS has a genetic component and tends to run in families. Studies and doctors are finding some beneficial natural remedies for RLS.

Andrew Weil, M.D. says that using drugs for restless leg syndrome - many of which have serious side effects - should be employed only as a last resort. On his website he suggests RLS sufferers take a calcium/magnesium supplement at bedtime, do some form of daily exercise, stretch or massage their legs, take a hot bath to relax the legs, and stop smoking if they do, as smoking may impair blood flow to the leg muscles. Since caffeine, alcohol, and tobacco can trigger symptoms, avoiding all three substances can bring some relief.

A recent study published in the journal of "Medicine and Science in Sports and Exercise" gives the results of people doing exercise who have periodic leg movements (PLM). PLM is a night-time condition with similar symptoms to RLS. Sufferers experience a repetitive cramping or jerking of the legs during sleep. The researchers began with the premise that exercise and non-drug approaches may lead to an improvement in sleep quality and a reduction of symptoms.

The study evaluated the effects of intense short-term exercise and regular, longer-term exercise on sleep patterns in periodic leg movement patients. The results showed that both forms of physical exercise lowered PLM levels. Exercise increased sleep duration, rapid eye movement (deeper level) sleep, reduced the time needed to fall asleep, and also reduced waking up after sleep onset. (A tip: avoid doing exercise within a couple hours of bedtime as it may be stimulating or interfere with sleep. Walking during the day, stretching, swimming, leg lifts, etc. are some good options).

The B vitamins are nourishing and essential for the nervous system. A study from the journal "Alternative Medicine Review" found that administration of folic acid (one of the B vitamins) alleviated the symptoms of RLS and may play a role in the treatment of primary, familial RLS. Note: the B vitamins work together as a group and should be taken all together in a supplement. This will prevent creating a deficiency in the others by taking only one of the whole, such as folic acid.

In an article by Peter Gott, M.D. titled "Restless Leg Syndrome Responds to Calcium" he says: "Calcium has been found to be helpful in relieving nocturnal (night time) leg cramps, and some RLS sufferers have also found that it is beneficial in preventing symptoms when taken just prior to sleep..... other deficiencies, most notably iron, magnesium, folic acid and B vitamins, are known to cause RLS symptoms in some."

Magnesium deficiency is a factor in RLS. Studies in the Journal "Sleep" and the "Romanian Journal of Neurology" have found magnesium to be an effective alternative therapy for RLS. Insomnia remedies containing minerals should have a 2 to 1 ratio of calcium to magnesium (twice as much calcium as magnesium). The original research on this ratio appeared in 1935 in the Journal of Physiological Reviews.

One natural sleep aid showing good results with restless leg syndrome is Sleep Minerals II, made by Nutrition Breakthroughs. It contains highly absorbable forms of calcium, magnesium and vitamin D - all combined in a softgel with carrier oils for fast assimilation.

Kimberly B. of Troy, Michigan says: "I have been taking Sleep Minerals II for about a month now. I have tried everything out there and this supplement is amazing. I have suffered with insomnia for 2 1/2 years. I have also had restless leg syndrome my entire life and this is the first relief I've ever had...gone for a month now."

The best advice for remedying RLS is to eat healthy natural foods, drink plenty of water, get some enjoyable daily exercise, and take a quality calcium and magnesium supplement before bed.

For more information, visit the Sleep Minerals II web site.

#### **Contact Information**

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#### **Keywords**

[Sleep Minerals II](#)  
[remedies for rls](#)  
[magnesium rls](#)

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